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BOOK REVIEW:

Dr. David Hawkins. *Power vs. Force*

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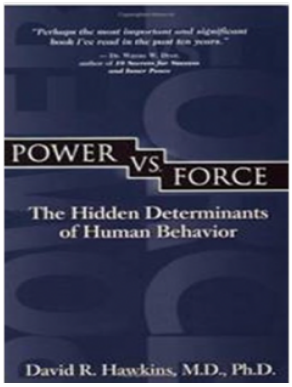

In his book *Power vs. Force*, Dr. David Hawkins, a renowned New York psychiatrist, describes briefly the near-death experiences he had earlier in his life that led him to become enlightened, free of personal self or ego and in a state of constant, peacefulbliss. Using this newly acquired blissful energy (Divine Presence, as he calls it), Hawkins was able to heal countless patients that other psychiatrists had declared 'hopeless' cases. Driven by the suffering of his never-ending line of patients, he started to use kinesiology (scientific methods involving muscle testing, pioneered by Dr. George Goodheart and Dr. John Diamond) to diagnose and treat psychiatric patients. For example, a positive muscle reaction occurs in response to an obviously true statement and a negative response occurs if the subject is exposed to a false statement. Hawkins used kinesiology, as well as attractor research methods from chaos theory and nonlinear dynamics, to calibrate human levels of consciousness (emotions, perceptions, attitudes, worldviews and spiritual beliefs) on a Map of Consciousness – a logarithmic scale of whole numbers, from 1 to 1000 (e.g. level 300 is 10 to the 300th power).

According to Hawkins, the energy/ emotion of Grief calibrates at level 75, Fear at 100, Desire at 125, Anger at 150, Pride at 175 and Courage at 200. Beyond that, Neutrality calibrates at 250, Acceptance at 350, Reason at 400, unconditional Love at 500, Joy (unconditional kindness/ compassion) at 540, Peace at 600 and Enlightenment at 700-1000. Hawkins claims that only 4% of the world's population calibrates at the 500 level (Love), only 0.5% reach 540 (Joy), and only 1 in 10 million people calibrate at 600 or above.

The Map of Consciousness casts a new light on the progress of history. For example, Mahatma Gandhi won in his struggle, because his ideas/ position (calibrated at 700) was of far greater power than the British Empire force (calibrated at 175). According to Hawkins, the average advance in the level of consciousness throughout the global population is roughly 5 points per generation. However, there are two critical points that can trigger major advancement: the first is at level 200, the initial level of empowerment, when one accepts responsibility for one's own actions; the second is at level 500, characterized by unconditional love, kindness and nonjudgmental forgiveness to all persons. Intellectual geniuses like Einstein, Newton and Descartes seemed to have been trapped at level 499, unable to reach the levels above intellect. Avatars such as Christ or Buddha calibrate at level 1000, while spiritual teachers such as Mother Teresa and Ramana Maharishi calibrate at 700 and can create powerful attractor patterns that counterbalance 70 million individuals below level 200.

Mankind as a whole has been stagnating for many centuries at level 190, when it suddenly jumped to 207 in the mid1980s. Since these levels represent a logarithmic progression, an increase of only a few points represents a major advance in power. Thus, though only 15% of the population is above 200, it is enough to counterbalance the negativity of the remaining 85%. Hawkins concludes with a call to action – the time is now to become more conscious, assume stewardship of the evolution of consciousness and ensure that humanity doesn't fall back to a lower level, where it can self-destruct. We should relentlessly seek to evolve, as any individual increase also raises the consciousness of everyone on the planet to some degree. Hawkins puts forward a novel way of exploring consciousness – using kinesiology to tap into the "collective consciousness" (or Akashic Records in other traditions) in order to create a Map of Consciousness and calibrate the consciousness levels of various historical events and people on this map.